

# Appendices

## Community Health Needs Assessment

December 2025

## FHN Memorial Hospital

### FHN Care Transitions Steering Committee

Kathy Martinez, EVP/CNO/COO

Linnette Carter, Director Med-Surg/Women's Health

Clay Cunningham, Director Provider Services

Nicole Dennison, Vice President Revenue Cycle

Tammy Edler, Executive Assistant

Amy Fisher, Performance Improvement Specialist

Cari Johnson, Director Care Transitions

Deb Kent, Clinical Data Specialist

Kimberly Roepsch, AVP Ambulatory Operations

Marilyn Smit, Marketing

Jennifer Thompson, Clinical Operations Leader

Doreen Timm, Director Clinical Quality

Risa Tyler, Director Cancer Center



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**FHN**



# Community Health Needs Assessment

## 2025 SURVEY



Every three years, non-profit hospital organizations in the United States, such as FHN, are required by the federal government to complete a Community Health Needs Assessment (CHNA) to identify the healthcare needs of the community. After the CHNA is completed, the organization develops an action plan for the next three years to address the community's needs. FHN last completed this project in 2022 (available to view at [www.fhn.org/CHNA](http://www.fhn.org/CHNA)).

Please take about 10 minutes to respond to our 2025 survey so that we can continue to provide the care you need in Northwest Illinois. If you would like to take this survey online, please use your phone/tablet to scan the QR code or visit [www.fhn.org/CHNA](http://www.fhn.org/CHNA).



- Please tell us how we have done in these areas for you and/or your household during the last two years.

| Question  | Yes | Sometimes | No | Don't Know | Doesn't Apply |
|---|-----|-----------|----|------------|---------------|
| Has FHN specifically asked for your input and ideas about <b>your</b> healthcare decisions?   |     |           |    |            |               |
| Has FHN included those who support you, like family members, in your healthcare decisions?  |     |           |    |            |               |
| Has FHN connected you to healthcare services not provided by FHN, such as dentists and some types of specialty care not available in Freeport?      |     |           |    |            |               |
| Has FHN connected you to resources that are not provided at FHN such as food pantries, housing authorities, transportation help, etc.?              |     |           |    |            |               |
| Are you aware of the financial resources that may be available to help pay for your healthcare at FHN?  |     |           |    |            |               |
| Do you know when to use different FHN service options, like when to call your provider's office or when to go to urgent care or the emergency room? |     |           |    |            |               |
| Does FHN take your cultural, religious, and racial differences into consideration?  |     |           |    |            |               |
| Do you use the MyFHN patient portal?  |     |           |    |            |               |
| Do you see FHN partnering with other organizations for community projects?  |     |           |    |            |               |

- What could FHN do differently in providing healthcare and improving your overall wellness?

☐ Nothing different

These changes would help:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

3. What do you see as health-related challenges in Northwest Illinois? *(check all that apply)*

- |  |   |
|--|---|
| <input type="checkbox"/> Ability to schedule appointments when needed                              | <input type="checkbox"/> Not enough health and wellness information   |
| <input type="checkbox"/> Aging population  | <input type="checkbox"/> Not enough help with healthcare at home  |
| <input type="checkbox"/> Availability of mental health services                                    | <input type="checkbox"/> Not enough info about when to use different healthcare location (doctor or nurse practitioner office, urgent care, emergency room, etc.) |
| <input type="checkbox"/> Coordinating different types of care between different healthcare offices | <input type="checkbox"/> People don't have a regular healthcare provider  |
| <input type="checkbox"/> Cost of staying healthy at home (healthy food, medicines, etc.)           | <input type="checkbox"/> Transportation to appointments   |
| <input type="checkbox"/> General lack of confidence in healthcare                                  | <input type="checkbox"/> Other (please describe) _____  |
| <input type="checkbox"/> Healthcare costs  | _____   |
| <input type="checkbox"/> Insurance   | _____   |
| <input type="checkbox"/> Language differences  | _____   |

4. What do you think are the **three biggest health-related challenges specific to FHN**? *(check all that apply)*

- |  |   |
|--|---|
| <input type="checkbox"/> Ability to schedule appointments when needed                              | <input type="checkbox"/> Not enough health and wellness information   |
| <input type="checkbox"/> Aging population  | <input type="checkbox"/> Not enough help with healthcare at home  |
| <input type="checkbox"/> Availability of mental health services                                    | <input type="checkbox"/> Not enough info about when to use different healthcare location (doctor or nurse practitioner office, urgent care, emergency room, etc.) |
| <input type="checkbox"/> Coordinating different types of care between different healthcare offices | <input type="checkbox"/> People don't have a regular healthcare provider  |
| <input type="checkbox"/> Cost of staying healthy at home (healthy food, medicines, etc.)           | <input type="checkbox"/> Transportation to appointments   |
| <input type="checkbox"/> General lack of confidence in healthcare                                  | <input type="checkbox"/> Other (please describe) _____  |
| <input type="checkbox"/> Healthcare costs  | _____   |
| <input type="checkbox"/> Insurance   | _____   |
| <input type="checkbox"/> Language differences  | _____   |

5. If you or the people in your household receive healthcare at FHN, about how many times in the last year did you and/or they visit FHN (hospital, clinic, specialty clinic, etc.)?

- ☐ No Visits    ☐ 1-5    ☐ 6-10    ☐ 11-15    ☐ More than 15    ☐ Does not apply for me and/or my family

6. About how many times in the last year have you called an FHN healthcare provider's office for care-related questions after hours, on the weekend, or at other times when the office was closed?

- ☐ None    ☐ 1-5    ☐ 6-10    ☐ 11-15    ☐ More than 15

7. If your local healthcare provider's office is closed, what would you do to get help for non-life-threatening healthcare such as a sore throat or cough? *(choose up to two)*

- |   |  |
|---|--|
| <input type="checkbox"/> Send a message through the MyFHN patient portal                  | <input type="checkbox"/> Go to an emergency room       |
| <input type="checkbox"/> Wait until my provider's office is open and then call the office | <input type="checkbox"/> Don't do anything             |
| <input type="checkbox"/> Go to an urgent care location                                    | <input type="checkbox"/> Other (please describe) _____ |
|   | _____  |

8. If a 24-hour healthcare help line was available would you use it?

- ☐ Yes    ☐ No    ☐ Maybe

If yes, what format(s) would you use?

- ☐ Phone    ☐ Text    ☐ Live text chat    ☐ Live video chat



9. Did you and/or members of your household attend any educational programs offered by FHN last year?

☐ Yes (check all that apply)

☐ Speaker Series

☐ Health Fair/Expo

☐ Women's Night out

☐ Walk with a Doc

☐ Healthcare or wellness presentation

☐ Other (please describe) \_\_\_\_\_

☐ No

Why didn't you attend? (check all that apply)

☐ Didn't know about them

☐ Didn't have time to attend

☐ Didn't have transportation to attend

☐ Weren't of interest

☐ Other (please describe) \_\_\_\_\_

10. What types of educational healthcare topics interest you? (check all that apply)

☐ Caregiver education

☐ Comparing locations for different types of care, like how urgent care is different from the emergency room

☐ Dealing with stress, including concerns such as loneliness or anxiety

☐ Disease prevention and screening (cancer, diabetes, etc.)

☐ Exercise

☐ General wellness and how to stay healthy

☐ Home safety

☐ Maximizing healthcare benefits, including how staying healthy can help your budget stay healthy too

☐ Mental health

☐ New healthcare technologies

☐ Non-traditional healthcare (acupuncture, homeopathy, naturopathy, Asian medicine, etc.)

☐ Nutrition

☐ Topics for families

☐ Topics for seniors

☐ Understanding insurance

☐ Other (please describe) \_\_\_\_\_

11. Do you or any of your family have these or other chronic healthcare conditions? (check all that apply)

☐ Alzheimer's disease

☐ Arthritis

☐ Asthma/allergies

☐ Autoimmune conditions

☐ Cancer

☐ Depression

☐ Diabetes

☐ Heart disease

☐ Hepatitis C

☐ High blood pressure (hypertension)

☐ High cholesterol

☐ Kidney (renal) disease

☐ Lung disease/COPD  
(Chronic Obstructive Pulmonary Disease)

☐ Mental health challenges

☐ Obesity

☐ Physical disability that limits self-care

☐ Stress, including concerns such as loneliness or anxiety

☐ Other (please describe) \_\_\_\_\_

12. Do you and/or those living in your household have a primary nurse practitioner, doctor, or healthcare office for routine care? (check all that apply)

☐ Yes, I do

☐ No, I don't

☐ Yes, my household does

☐ Most of my household does

☐ Not all of my household does

13. Do you and/or your household feel safe in your community?

☐ Always

☐ Most of the time

☐ Sometimes

☐ Rarely

☐ Never

14. Do you and/or your household have enough to eat?

☐ Always

☐ Most of the time

☐ Sometimes

☐ Rarely

☐ Never

15. What sources do you use **most-often** for your health-related information? (*check all that apply*)

☐ FHN Insight magazine

☐ Friends and family

☐ Google or other search engines

☐ Local or regional magazines like Shoppers' Guide, Northwest Quarterly, etc. (online or in print)

☐ Local print news

☐ Local television/radio

☐ My healthcare organization

☐ My healthcare provider

☐ National cable or network television news

☐ National magazines (online or in print)

☐ Podcasts (led by program hosts)

☐ Social media such as X, Facebook, Instagram, TikTok

☐ Virtual agents such as ChatGPT, Gemini, Jasper, Microsoft Copilot, other chat bots

☐ YouTube

☐ Other (please specify) \_\_\_\_\_

16. Other comments about healthcare in our region?

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## DEMOGRAPHICS

Age: ☐ Under 30 ☐ 31-40 ☐ 41-50 ☐ 51-60 ☐ 61-70 ☐ Over 70

I am: ☐ White/Caucasian ☐ Black/African American ☐ Hispanic/Latino

☐ Mixed race

☐ Other

☐ Prefer not to say

My 5-digit zip code: \_\_\_\_\_ (Example: 61032)

**Please return to FHN Marketing, 524 W. Stephenson Street, Suite 100, Freeport IL 61032 by Friday, August 1.**

If you have questions regarding the survey, please contact Andrea Barthel at 815-801-4190 or [andrea.barthel@m45.com](mailto:andrea.barthel@m45.com)

## Community Health Resources

The following resource within the FHN community addresses inpatient and outpatient care:

| Facility Name  | City     | County     | Type of Services      |
|--|----------|------------|-----------------------|
| FHN Memorial Hospital ( <a href="http://www.fhn.org">www.fhn.org</a> ) | Freeport | Stephenson | Full-Service Hospital |

The following resources, both FHN and non-FHN, were identified within the FHN service area for patient care:

| Facility Name  | City          | County     | Type of Services  |
|--|---------------|------------|---|
| FHN/ WellNow Urgent Care Clinic  | Freeport      | Stephenson | Primary & Urgent Care   |
| FHN Leonard C. Ferguson Cancer Center at FHN Memorial Hospital   | Freeport      | Stephenson | Oncology, Radiation, Hematology   |
| FHN Specialty Care - Harlem Avenue   | Freeport      | Stephenson | Endocrinology, Neurology, Ophthalmology, Pulmonology, Rheumatology  |
| FHN Specialty Care - Stephenson Street   | Freeport      | Stephenson | Cardiology, Gastroenterology, Nephrology, Surgery   |
| FHN Family Healthcare Center – Burchard Hills  | Freeport      | Stephenson | Allergy, Family Medicine, Orthopedics & Sports Medicine, Pediatrics, Podiatry, Physical Therapy & Rehabilitation, Women's Health & Obstetrics |
| FHN Family Healthcare Center – Highland View   | Freeport      | Stephenson | Family Medicine   |
| FHN Family Healthcare Center – Lanark  | Lanark        | Carroll    | Family Medicine   |
| FHN Family Healthcare Center – Lena  | Lena          | Stephenson | Family Medicine, Physical Therapy, Women's Health & Obstetrics  |
| FHN Family Healthcare Center – Mount Carroll   | Mount Carroll | Carroll    | Family Medicine, Physical Therapy, Podiatry, Women's Health & Obstetrics  |
| FHN Family Healthcare Center – Savanna   | Savanna       | Carroll    | Family Medicine   |
| FHN Jo Daviess Family Healthcare Center  | Stockton      | Jo Daviess | Family Medicine   |
| FHN Community Healthcare Center  | Freeport      | Stephenson | Family Medicine   |
| FHN Hospice  | Freeport      | Stephenson | Hospice Care  |
| FHN Supportive Care  | Freeport      | Stephenson | Palliative Care   |
| FHN Complex Care   | Freeport      | Stephenson | Coordination of medical care and community resources  |
| Jo Daviess County Health Department Home Health Care Services ( <a href="http://www.jodaviesscountyil.gov">www.jodaviesscountyil.gov</a> ) |               | Jo Daviess | Therapy, Skilled Nursing, Medical Social Work   |
| SSM Health Monroe Clinic Medical Group ( <a href="http://www.ssmhealth.com">www.ssmhealth.com</a> )  | Freeport      | Stephenson | Primary Care and Specialty Services   |

This resource was identified within the FHN community to address mental/behavioral health needs:

| Facility Name      | City     | County              | Type of Services   |
|--------------------|----------|---------------------|--|
| Rosecrance         | Freeport | Stephenson          | Mental Health and Substance Use Disorder Assessments; Mental Health Services for Children, Teens, and Adults; Individual, Group and Family Therapy; Substance Use Disorder Services for Adults |
| Sinnissippi Center |          | Stephenson, Carroll | Adolescent and Adult Care, Substance Abuse Treatment, Individual and Family Crisis Management, Family Counseling, Psychiatric Care and Medication Management                                   |

## Medically Underserved Area (MUA) and Health Professional Shortage Areas (HPSA) Information

### Medically Underserved Area (MUA) Information

| Name                               | ID   | Type            | Score | Update Date | Score |
|------------------------------------|------|-----------------|-------|-------------|-------|
| Carroll County                     | 796  | MUA             | 60.8  | 11/1/1978   | 60.8  |
| Jo Daviess County                  | 809  | MUA             | 61.7  | 11/1/1978   | 61.7  |
| Winslow Service Area               | 918  | MUA             | 58.4  | 5/18/1994   | 58.4  |
| Low Income – Freeport Service Area | 7485 | MUA /Low Income | 57.3  | 7/11/2005   | 57.3  |

### Health Professional Shortage Areas HPSA: Primary Care Providers

| HPSA Name                             | ID         | Type             | FTE  | Update Date | Score |
|---------------------------------------|------------|------------------|------|-------------|-------|
| Carroll County                        | 1177928750 | Single County    | 3.02 | 9/8/2021    | 15    |
| USP – Thomson (Correctional Facility) | 1176239196 | Population Group | 1.10 | 3/29/2022   | 21    |
| Jo Daviess County                     | -          | -                | -    | -           | -     |
| Stephenson County                     | -          | -                | -    | -           | -     |
| Low Income – Stephenson County        | 1176239196 | Population Group | 3.33 | 7/1/2021    | 14    |

### HPSA: Dental Providers

| Name                                  | ID         | Type             | Score | Update Date | Score |
|---------------------------------------|------------|------------------|-------|-------------|-------|
| Carroll County                        | 6172038304 | Single County    | 1.04  | 9/6/2021    | 7     |
| USP – Thomson (Correctional Facility) | 6176120475 | Population Group | 0.76  | 3/29/2022   | 15    |
| Jo Daviess County                     | -          | -                | -     | -           | -     |
| Stephenson County                     | -          | -                | -     | -           | -     |
| Low Income – Stephenson County        | 6171851554 | Population Group | 4.00  | 9/9/2021    | 15    |

### HPSA: Mental Health Providers

| Name                                  | ID         | Type             | Score | Update Date | Score |
|---------------------------------------|------------|------------------|-------|-------------|-------|
| Carroll County                        | 7178029302 | Single County    | 0.70  | 12/29/2021  | 15    |
| USP – Thomson (Correctional Facility) | 7176571761 | Population Group | 0.57  | 3/29/2022   | 21    |
| Jo Daviess County                     | 7176504578 | Single County    | 1.07  | 9/8/2021    | 16    |
| Stephenson County                     | -          | -                | -     | -           | -     |
| Low Income – Stephenson County        | 7176529336 | Population Group | 1.07  | 3/23/2022   | 16    |



# THE 2022 STATE OF OUR YOUTH

Jo Daviess County

## IN THIS SUMMARY:

- 02. Jo Daviess County Juvenile Justice Council
- 02. 2022 Illinois Youth Survey Background
- 03. Alcohol Use
- 04. Substance Use
- 05. Contributing Factors for Use
- 05. What Youth are Hearing from their Parents
- 07. Mental, Social, and Physical Health
- 09. What Can You Do?



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# JO DAVIESS COUNTY JUVENILE JUSTICE COUNCIL

The Juvenile Justice Council in partnership with FHN, along with other key members of the county, used the Strategic Prevention Framework process to reduce past 30-day use of alcohol among 8th-12th graders in the county. The Strategic Prevention Framework (SPF) planning process is a dynamic, data-driven approach to underage drinking prevention. The SPF focuses on sustainable, population-level change to guide the prevention efforts in Jo Daviess County (JDC). This process has included building the capacity of the community, data assessment, identifying and prioritizing contributing factors of underage drinking, and selecting strategies that are evidence based in the prevention of substance misuse. Three strategies currently implemented in the county are an Alcohol Prevention and Vaping Prevention Communication Campaigns and a multi-session Youth Prevention Education program in the JDC's middle schools.

The Juvenile Justice Council is a cross-agency group of civic-minded individuals from within the community, who collaborate together to provide programs, activities, and presentations to parents, educators and youth at all schools in Jo Daviess County. The Council promotes messages that assist young people in making life decisions that are positive and supportive of their schools, their communities, and their peers.

The Council includes representation from the following sectors: youth, parents, business, schools, youth serving organizations, law enforcement, government, faith based, healthcare and civic and volunteer organizations.

## ILLINOIS YOUTH SURVEY

The Illinois Youth Survey has been completed biennially at the middle and high schools in the state since the late 1990's. Data from the survey has been used to identify trends related to substance misuse and to assist in securing state and federal funding for prevention programs. The survey measures attitudes, perceptions, and behaviors related to substance use and other related topics.

The statistics in this summary are taken from the results of the 2022 Illinois Youth Survey. All six JDC school districts were able to participate this year. A full list of survey questions and results for Jo Daviess County are available dating back to 2010, at <https://iys.cprd.illinois.edu/>.

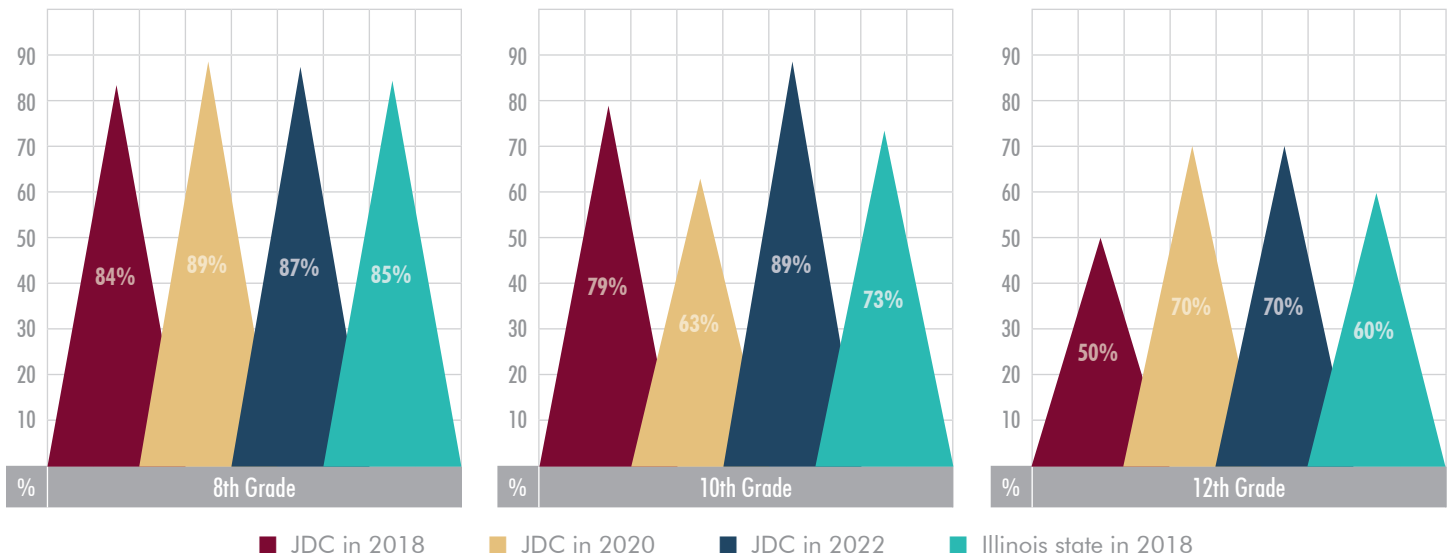
Research over the years has identified some of the following risk factors for underage age alcohol and other substance misuse: antisocial behaviors, perceptions of peer substance use, low perceived risk of harm, poor family-youth relationships, parental acceptance of substance use, school absenteeism, and availability and marketing of substances to youth.

Prevention strategies focus on evidence based protective factors which include: self efficacy to say no to substance misuse, future college aspirations, peer disapproval, involvement in sports and physical activity, parental monitoring , perceived parental trust, school belonging and involvement, authoritative school environment, and community norms that discourage youth substance use.\*

*\*Evidence-Based Resource Guide, Preventing Marijuana Use Among Youth, Substance Abuse and Mental Health Services Administration, Released 2021*

# ALCOHOL USE

Most youth in Jo Daviess County **do NOT** drink alcohol.  
 Percentage of students who have **not** consumed alcohol in the past 30 days:



## DID YOU KNOW?

25% OF STUDENTS REPORTED HAVING THEIR FIRST ALCOHOL **UNDER THE AGE OF 10**.  
 14% OF 12TH GRADERS REPORTED **BINGE DRINKING** WITHIN THE PAST 2 WEEKS.

## WE ASKED...

In the past year, **have your parents/guardians talked to you about NOT USING alcohol?**

Students in 8th through 12th grade reporting their parents/guardians have talked to them about alcohol use.

**51%**

8<sup>TH</sup> GRADE STUDENTS



**43%**

10<sup>TH</sup> GRADE STUDENTS



**41%**

12<sup>TH</sup> GRADE STUDENTS



**51%**

51% OF 8<sup>TH</sup> – 12<sup>TH</sup> GRADERS REPORTED THAT **THEIR PARENTS PROVIDED THEM ALCOHOL WITH PARENTAL PERMISSION.**



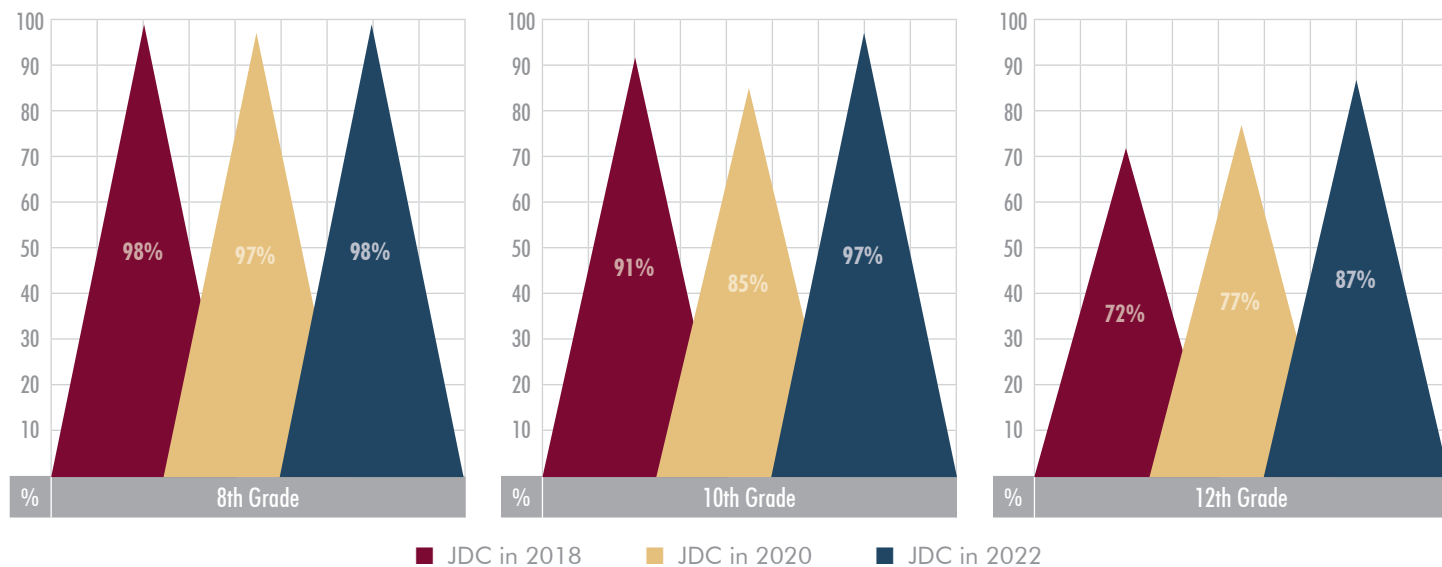
JDC is **7% HIGHER** than the state average of 44%.

# SUBSTANCE USE

Even though most students are not using marijuana, it has been on the rise nationally. There is a concern about the potential for increased use since marijuana has become legal for both medicinal and recreational purposes in Illinois. An increase of availability in the community could result in the increased usage by our youth.

Most youth in Jo Daviess County **do NOT** use marijuana.

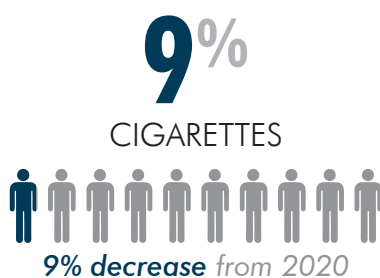
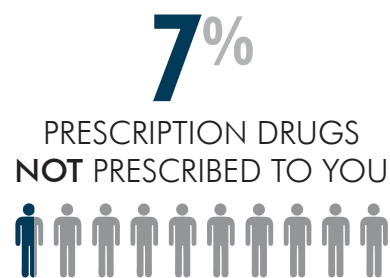
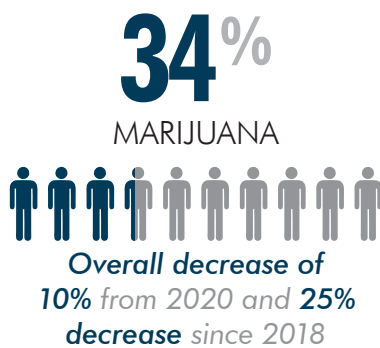
*Students reporting they have not used marijuana in the past 30 days:*



*Overall use by 10th and 12th graders has **decreased by an average of 11%***

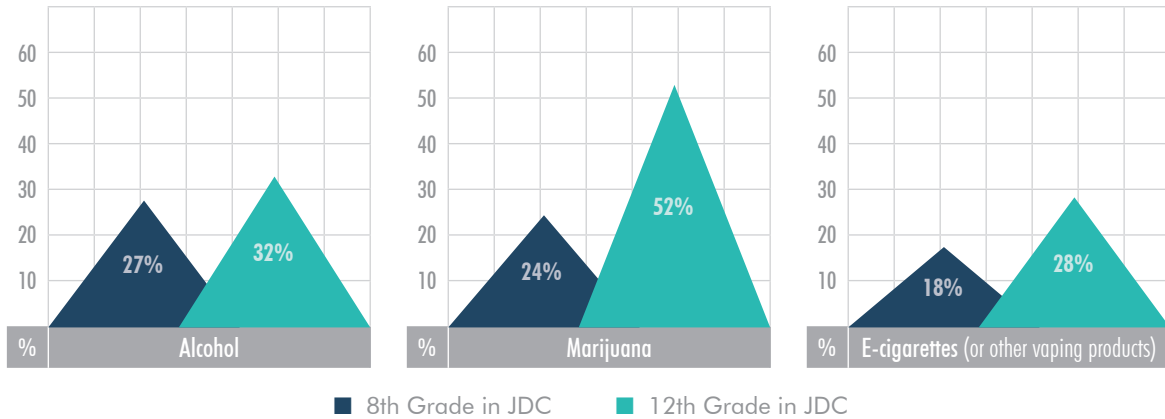
Less than half of Jo Daviess County youth **HAVE** used a substance in the past year with **significant decreases** in reported use of cigarettes, marijuana and vaping products since 2020.

*Students in 8th through 12th grade reporting they have used a substance in the last year:*



## CONTRIBUTING FACTORS FOR USE

Students reporting that they think people have **NO** risk or slight risk of harming **themselves** if they use alcohol, marijuana, or e-cigarettes or other vaping products.  
(Alcohol: one or two drinks nearly every day. Marijuana: once or twice a week.)



### DID YOU KNOW?

THE MAJORITY OF STUDENTS BELIEVE **DRINKING ALCOHOL AND USING VAPING PRODUCTS ARE HARMFUL.**

## WHAT YOUTH ARE HEARING FROM THEIR PARENTS

### TALK TO YOUR CHILDREN, IT MAKES A DIFFERENCE!

Studies have shown that perception of parental disapproval is a top reason why youth choose not to partake in substance use. In addition, monitoring – knowing where your child is and who they are with at all times – can decrease the chances of your child engaging in risky behaviors.

JDC students reporting that their parents/guardians **HAVE** talked to them about **NOT** using alcohol and marijuana in the past year.

45%

ALCOHOL



42%

MARIJUANA



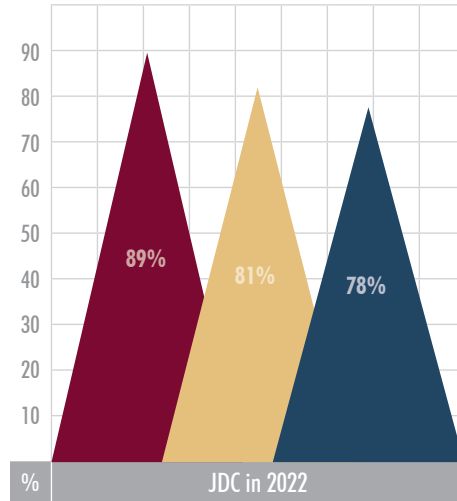




42%

OF JDC 12<sup>TH</sup> GRADE STUDENTS **DON'T THINK THEY WOULD BE CAUGHT BY THEIR PARENTS** FOR DRINKING ALCOHOL WITHOUT PERMISSION.

Students reporting that **their family HAS CLEAR RULES** about alcohol and drug use.



■ 8th Grade ■ 10th Grade ■ 12th Grade

34%

OF 12TH GRADERS BELIEVE THAT THEIR **PARENTS THINK IT IS A LITTLE BIT OR NOT WRONG AT ALL** FOR THEM TO USE ALCOHOL.



50%

BELIEVE **MOST ADULTS IN THEIR NEIGHBORHOOD** THINK IT IS ACCEPTABLE FOR 12TH GRADERS TO USE ALCOHOL.



**35%** OF 12<sup>TH</sup> GRADE DRIVERS BELIEVE THEY **WOULD NOT BE CAUGHT BY THEIR PARENTS** IF THEY DRANK AND DROVE.



77%

OF JDC STUDENTS REPORTED THAT IN THE PAST YEAR **THEIR PARENTS/ GUARDIANS HAVE TALKED TO THEM** ABOUT NOT DRINKING AND DRIVING OR RIDING WITH A DRUNK DRIVER.

# MENTAL, SOCIAL, AND PHYSICAL HEALTH

12%



In the last 12 months, 12% JDC high school students reported that they had seriously **CONSIDERED SUICIDE**.

31%



In the last 12 months, 31% have **FELT SO SAD OR HOPELESS ALMOST EVERY DAY FOR 2 WEEKS** or more in a row that they stopped doing usual activities.

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## SYMPTOMS OF DEPRESSION IN CHILDREN AND TEENS

If you feel your child may be suffering from depression, seek out professional help. The symptoms of depression are often subtle at first. They may occur suddenly or happen slowly over time.

### Physical symptoms

- Unexplained aches and pains, such as headaches or stomach pain
- Trouble sleeping, or sleeping too much
- Changes in eating habits that lead to weight gain or loss or not making expected weight gains
- Constant tiredness, lack of energy
- Body movements that seem slow, restless, or agitated

### Mental or emotional symptoms

- Irritability or temper tantrums
- Difficulty thinking and making decisions
- Decline in academic achievements
- Having low self-esteem, being self-critical, and/or feeling that others are unfairly critical
- Feelings of guilt and hopelessness
- Social withdrawal, such as lack of interest in friends
- Anxiety, such as worrying too much or fearing separation from a parent
- Thinking about death or feeling suicidal

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## RESOURCES

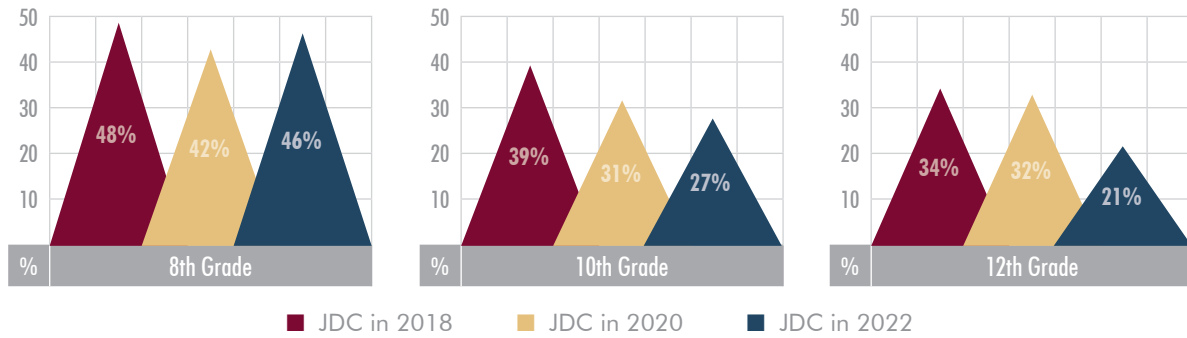
### Substance Abuse and Mental Health Services Administration (SAMHSA)

- National Suicide Prevention Hotline: 1-800-273-8255 (TALK)
- National Helpline: 1-800-662-4357 (HELP)

[www.SAMHSA.gov](http://www.SAMHSA.gov)

Students reporting that they have **experienced any type of BULLYING\*** in the past year.

*\*Called names, threatened, physically assaulted, cyber-bullied.*



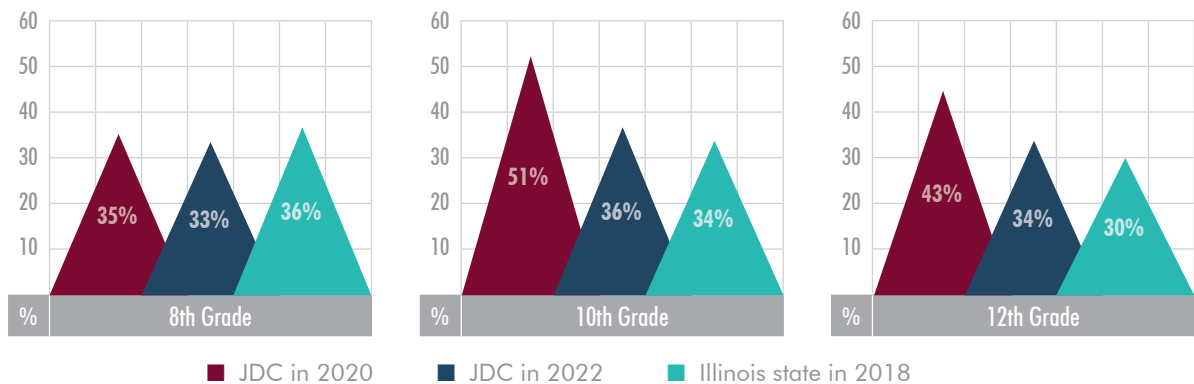
**13%**

13% OF JDC STUDENTS HAVE A **PREVALENCE OF OBESITY**. A 2% INCREASE FROM 2020 AND ABOVE THE STATE AVERAGE.

### WE ASKED...

On an average school day, how many hours do you **play VIDEO OR COMPUTER GAMES** or use a computer for something that is not school work?

*Students reported using 4-5 hours a day or more:*



### ADDITIONAL HELPFUL RESOURCES

**Talk. They Hear You. (SAMHSA)**  
<https://underageddrinking.samhsa.gov>

**Partnership for Drug-Free Kids**  
[www.drugfree.org](http://www.drugfree.org)

**JoDaviess County Wellness Coalition Promoting Healthy Living**  
[www.jodaviesscountywellnesscoalition.com](http://www.jodaviesscountywellnesscoalition.com)

# WHAT CAN YOU DO?

**SUBSTANCE USE IS EVERYONE'S PROBLEM AND WE MUST WORK TOGETHER AS A COMMUNITY TO SUPPORT OUR YOUTH.**

## **FAMILIES**

- Families can help prevent underage drinking by staying involved in their children's lives. It is important for families to pay attention to what's happening with their teens.
- Parents and caregivers play a vital role in influencing their child's attitudes and behaviors. They serve as role models on the use of alcohol, control the availability of alcohol in their home, and are instrumental in setting clear guidelines and expectations concerning drinking behaviors.

## **SCHOOLS**

- Educational programs in schools can help young adults learn about the social, psychological, and biological implications of alcohol and drug misuse. Informational programs, such as *ALL STARS – Building Bright Futures* and *Project ALERT*, can help young adults make responsible choices.
- School administrators and staff can send clear messages to students and parents about the risks of young adult alcohol and drug misuse relative to accidents, injuries and deaths, alcohol/chemical abuse and dependency, unwanted and/or unplanned sexual activity, academic achievement, and violence.

## **COMMUNITY & SOCIAL SERVICE SUPPORTS**

- Community and social service support organizations can develop special events and communications to appeal to young adults.
- Organizations can provide confidential services and referrals geared toward young adults.

## **BUSINESS**

- Workplace policies can send clear messages about risks of alcohol and drug misuse both at and outside of the workplace.
- Signs, posters, paycheck inserts and other messages can help frame the risks of alcohol and drug misuse and provide information on ways to get help in a caring manner.
- Managers and employers can encourage early and confidential conversations about problems an employee may be experiencing as a result of alcohol or drug misuse. Sometimes just initiating a conversation can help a young adult better see how substance use might be affecting his/her work and well-being.

## **SAFETY & LAW ENFORCEMENT**

- Effective enforcement of alcohol and drug laws can serve as a deterrent.
- Alternatives to sentencing can provide education and incentives to help address underlying alcohol and drug problems in lieu of or in addition to fines. These alternatives help young adults explore their own patterns of use or misuse and provide motivation to change patterns and lower risk.

## **HEALTH & MEDICAL**

- Health and medical clinics working with young adults can offer education and early intervention programs, including confidential screening and assessments, brief interventions and referral to treatment and recovery support services.
- Culturally sensitive services and health promotion messages can be designed to appeal to young adults.





1045 W. Stephenson Street  
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# THE 2022 STATE OF OUR YOUTH

Jo Daviess County



- Alcohol and Marijuana Use
- Contributing Factors for Use
- Mental, Social, and Physical Health



WHAT ARE THE  
STATISTICS?  
WHAT CAN  
YOU DO?



# THE 2022 STATE OF OUR YOUTH

Stephenson County

## IN THIS SUMMARY:

- 02. 2022 Illinois Youth Survey Background
- 03. Alcohol Use
- 04. Substance Use
- 05. Contributing Factors for Use
- 05. What Youth are Hearing from their Parents
- 07. Mental, Social, and Physical Health
- 09. What Can You Do?



*We're here, for you.*

**FHN**

# ILLINOIS YOUTH SURVEY

The Illinois Youth Survey has been completed biennially at the middle and high schools in the state since the late 1990s. Data from the survey has been used to identify trends related to substance misuse and to assist in securing state and federal funding for prevention programs. The survey measures attitudes, perceptions, and behaviors related to substance use and other related topics.

The statistics in this summary are taken from the results of the 2022 Illinois Youth Survey. Schools in Stephenson County participated in the survey with a 62% completion rate by all age appropriate students. Although the majority of the public schools in Stephenson County registered to participate in the 2022 survey, only four junior high/middle schools and three high schools were able to complete the survey. A full list of survey questions and results for Stephenson County are available dating back to 2010, at <https://iys.cprd.illinois.edu/>.

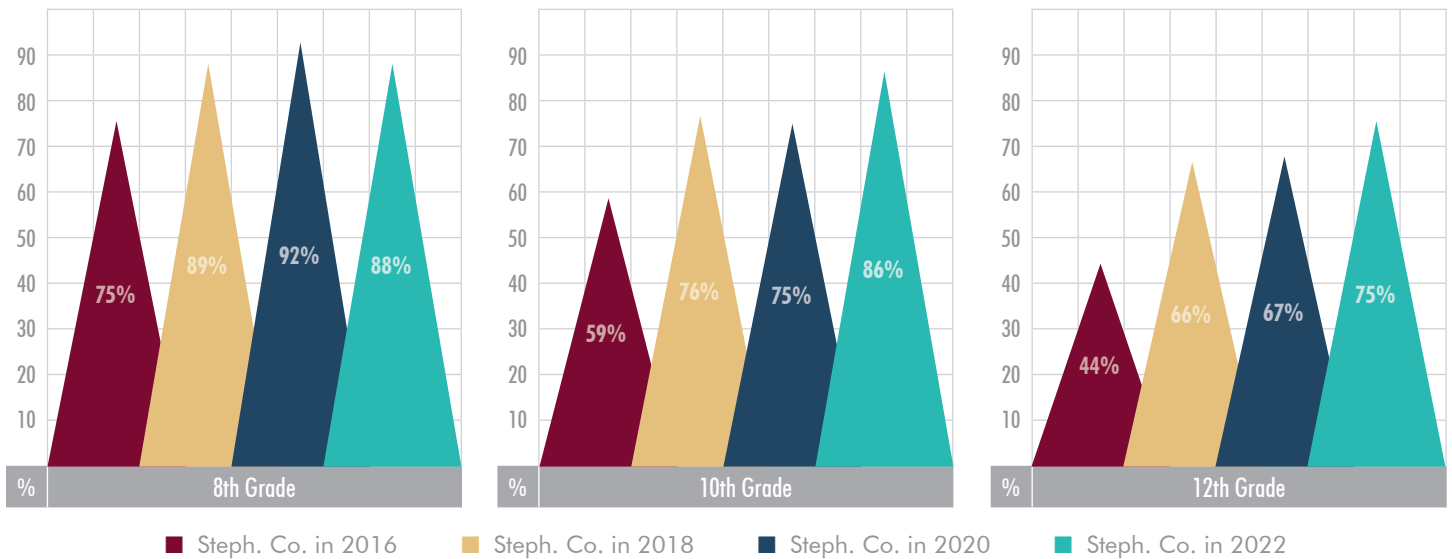
Research over the years has identified some of the following risk factors for underage alcohol and other substance misuse: antisocial behaviors, perceptions of peer substance use, low perceived risk of harm, poor family-youth relationships, parental acceptance of substance use, school absenteeism, and availability and marketing of substances to youth.

Prevention strategies focus on evidence-based protective factors which include: self-efficacy to say no to substance misuse, future college aspirations, peer disapproval, involvement in sports and physical activity, parental monitoring, perceived parental trust, school belonging and involvement, authoritative school environment, and community norms that discourage youth substance use.\*

*\* Evidence-Based Resource Guide, Preventing Marijuana Use Among Youth, Substance Abuse and Mental Health Services Administration, Released 2021*

# ALCOHOL USE

Most youth in Stephenson County **do NOT drink** alcohol.  
 Percentage of students who have **not** consumed alcohol in the past 30 days:



## DID YOU KNOW?

41% OF STUDENTS REPORTED HAVING THEIR FIRST EXPERIENCE WITH ALCOHOL **UNDER THE AGE OF 10**. 9% OF 12TH GRADERS REPORTED **BINGE DRINKING** WITHIN THE PAST 2 WEEKS.

## WE ASKED...

In the past year, **have your parents/guardians talked to you about NOT USING alcohol?**

*Students in 8th, 10th, and 12th grade reported their parents/guardians have talked to them about alcohol use.*

**53%**

8<sup>TH</sup> GRADE STUDENTS



**39%**

10<sup>TH</sup> GRADE STUDENTS



**35%**

12<sup>TH</sup> GRADE STUDENTS



**14%**

14% OF 8<sup>TH</sup>, 10<sup>TH</sup>, AND 12<sup>TH</sup> GRADERS REPORTED THAT **THEIR PARENTS PROVIDED THEM ALCOHOL WITH PARENTAL PERMISSION.**

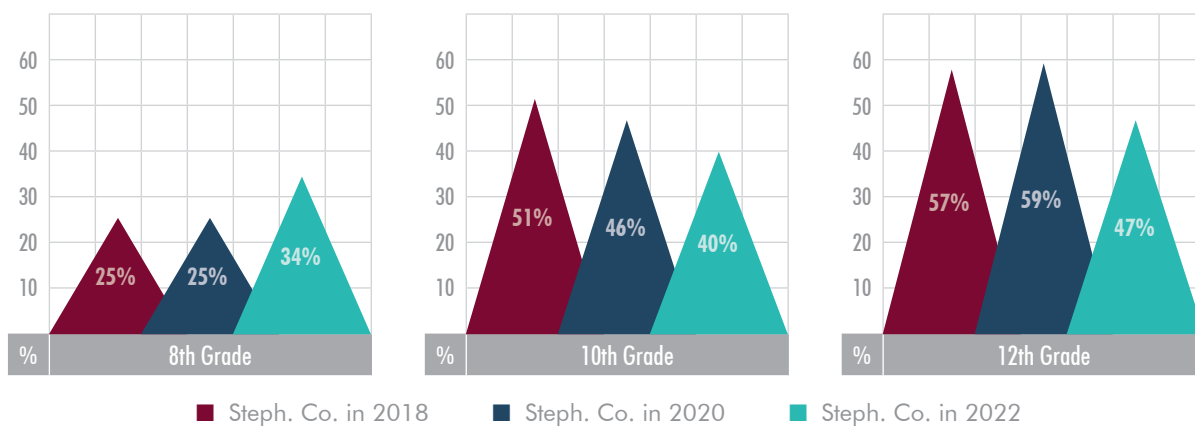




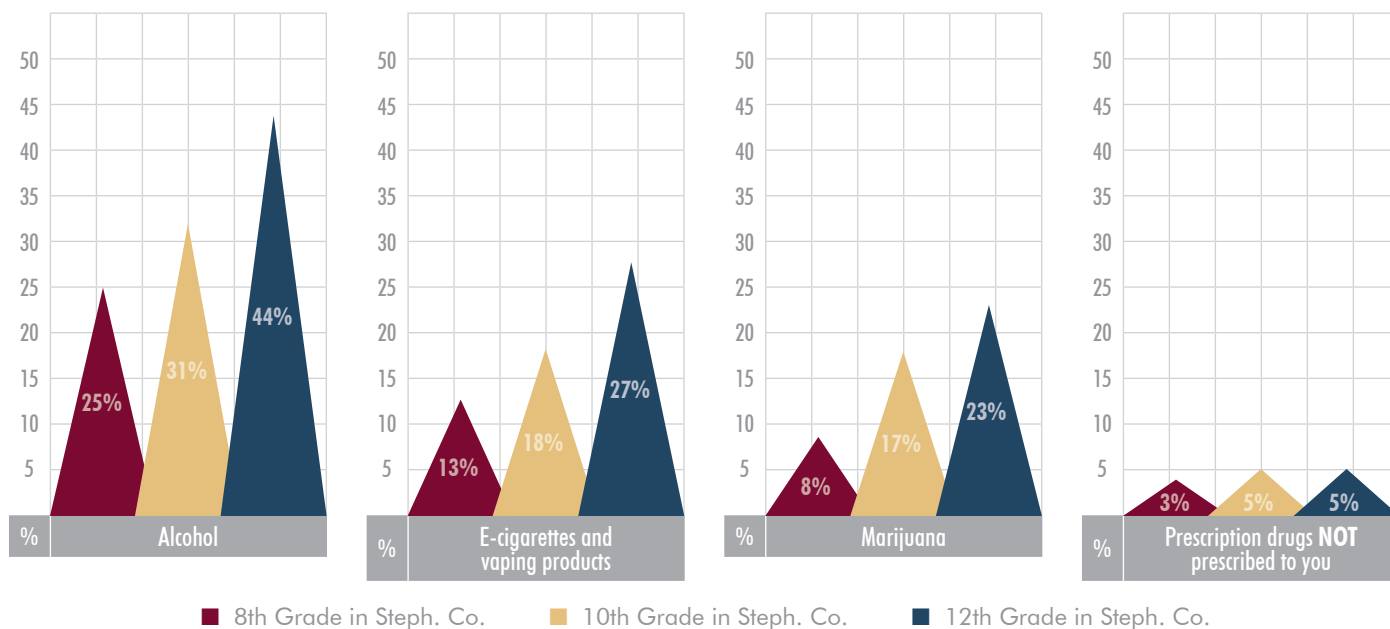
# SUBSTANCE USE

Even though most students are not using marijuana, it has been on the rise nationally. There is a concern about the potential for increased use as more and more states are allowing marijuana to become legal for both medicinal and recreational purposes. An increase of availability in the community could result in the increased usage by our youth.

Youth in Stephenson County who **HAVE USED** any common substances **PLUS** alcohol, cigarettes, inhalants, marijuana, vaping, and other vaping products in the past year.



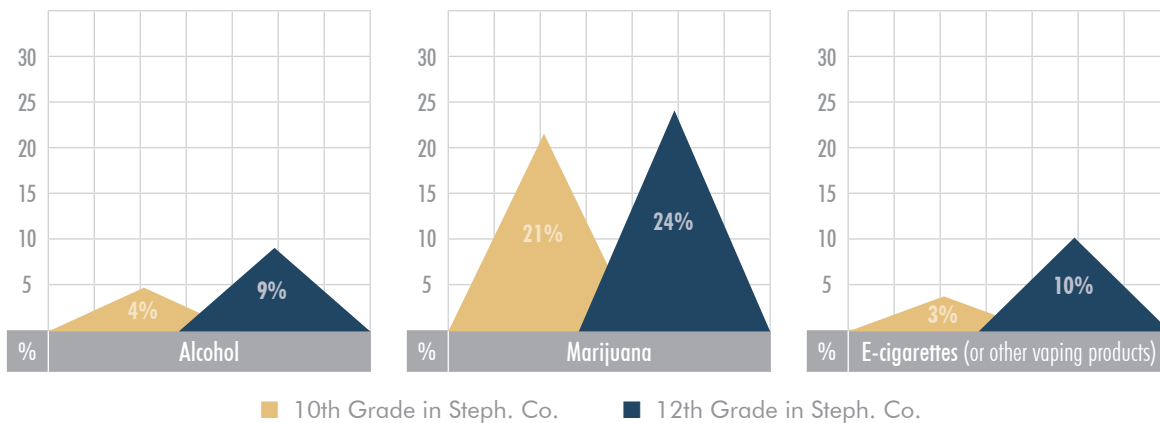
## Substance **USE** in Stephenson County in the past year. Students in 8th, 10th, and 12th grades



*\*Note the increase in usage as the youth gets older.*

## CONTRIBUTING FACTORS FOR USE

Students reporting that they think people have **NO** risk or slight risk of harming themselves if they use alcohol, marijuana, or e-cigarettes or other vaping products.  
(Alcohol: one or two drinks nearly every day. Marijuana: once or twice a week.)



### DID YOU KNOW?

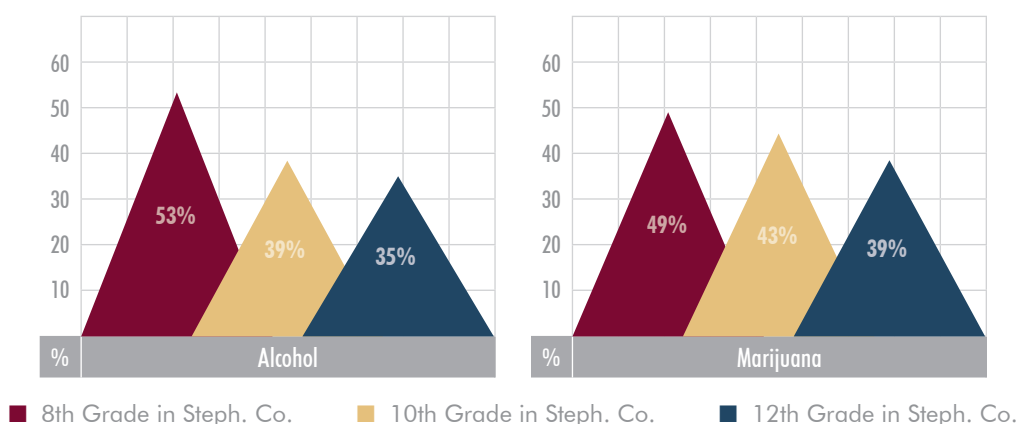
THE MAJORITY OF STUDENTS BELIEVE THE USE OF ALCOHOL, MARIJUANA, AND VAPING PRODUCTS ARE HARMFUL.

## WHAT YOUTH ARE HEARING FROM THEIR PARENTS

### TALK TO YOUR CHILDREN, IT MAKES A DIFFERENCE!

Studies have shown that perception of parental disapproval is a top reason why youth choose not to partake in substance use. In addition, monitoring – knowing where your child is and who they are with at all times – can decrease the chances of your child engaging in risky behaviors.

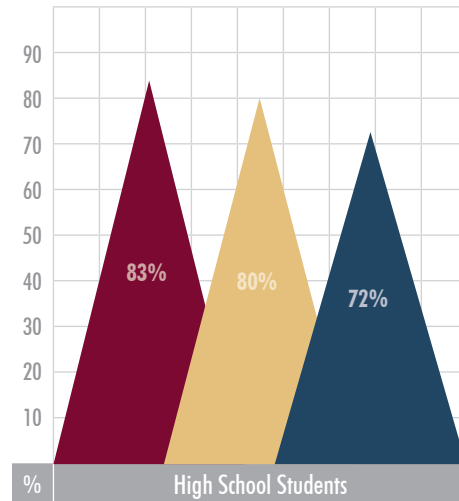
Stephenson County students reported that their parents/guardians **HAVE** talked to them about **NOT** using alcohol and marijuana.





**46%** OF STEPHENSON COUNTY 12<sup>TH</sup> GRADE STUDENTS **DON'T THINK THEY WOULD BE CAUGHT BY THEIR PARENTS** FOR DRINKING ALCOHOL WITHOUT PERMISSION.

Students reporting that **their family HAS CLEAR RULES** about alcohol and drug use.



■ 8th Grade in Steph. Co.

■ 10th Grade in Steph. Co.

■ 12th Grade in Steph. Co.

**23%**

OF 12TH GRADERS BELIEVE THAT THEIR PARENTS THINK IT IS A LITTLE BIT OR NOT WRONG AT ALL FOR THEM TO USE ALCOHOL.



**13%**

BELIEVE MOST ADULTS IN THEIR NEIGHBORHOOD THINK IT IS ACCEPTABLE FOR 12TH GRADERS TO USE ALCOHOL.



**40%** OF 12<sup>TH</sup> GRADE DRIVERS BELIEVE THEY **WOULD NOT BE CAUGHT BY THEIR PARENTS** IF THEY DRANK AND DROVE.

### WE ASKED...

In the past year, have your parents/guardians talked to you about **NOT DRINKING AND DRIVING** or riding with a drunk driver?

**61%**

10<sup>TH</sup> GRADE STUDENTS

**57%**

12<sup>TH</sup> GRADE STUDENTS

# MENTAL, SOCIAL, AND PHYSICAL HEALTH

## WE ASKED...

In the last 12 months,  
have you seriously  
**CONSIDERED SUICIDE.**

**20%**

10<sup>TH</sup> GRADE  
STUDENTS

**12%**

12<sup>TH</sup> GRADE  
STUDENTS

## WE ASKED...

In the last 12 months, have you **FELT SO SAD OR HOPELESS ALMOST EVERY DAY FOR 2 WEEKS** or more in a row that you stopped doing usual activities.

**33%**

8<sup>TH</sup> GRADE  
STUDENTS

**48%**

10<sup>TH</sup> GRADE  
STUDENTS

**30%**

12<sup>TH</sup> GRADE  
STUDENTS

## SYMPTOMS OF DEPRESSION IN CHILDREN AND TEENS

If you feel your child may be suffering from depression, seek out professional help. The symptoms of depression are often subtle at first. They may occur suddenly or happen slowly over time.

### Physical symptoms

- Unexplained aches and pains, such as headaches or stomach pain
- Trouble sleeping, or sleeping too much
- Changes in eating habits that lead to weight gain or loss or not making expected weight gains
- Constant tiredness, lack of energy
- Body movements that seem slow, restless, or agitated

### Mental or emotional symptoms

- Irritability or temper tantrums
- Difficulty thinking and making decisions
- Decline in academic achievements
- Having low self-esteem, being self-critical, and/or feeling that others are unfairly critical
- Feelings of guilt and hopelessness
- Social withdrawal, such as lack of interest in friends
- Anxiety, such as worrying too much or fearing separation from a parent
- Thinking about death or feeling suicidal

## RESOURCES

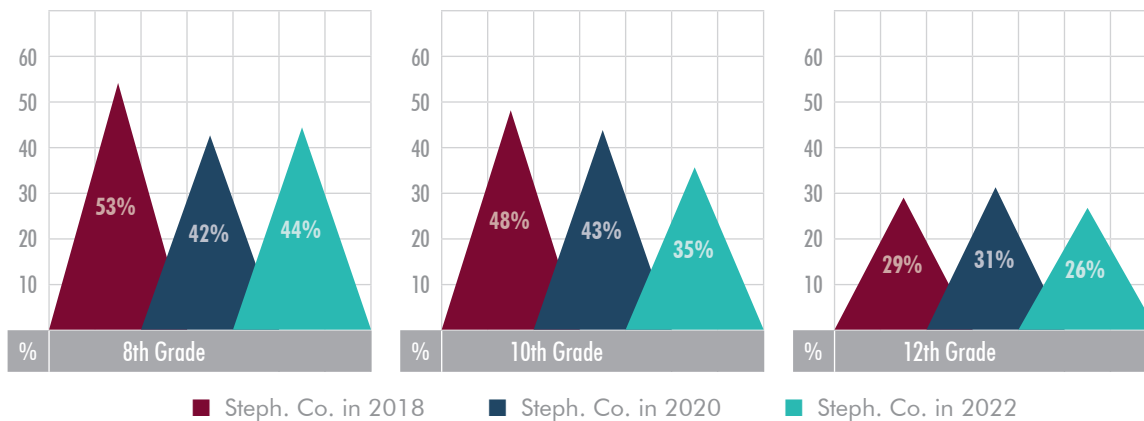
### Substance Abuse and Mental Health Services Administration (SAMHSA)

- National Suicide Prevention Hotline: 1-800-273-8255 (TALK)
- National Helpline: 1-800-662-4357 (HELP)

[www.SAMHSA.gov](http://www.SAMHSA.gov)

Students reporting that they have **experienced any type of BULLYING\*** in the past year.

*\*Called names, threatened, physically assaulted, cyber-bullied.*



**13%**

8<sup>TH</sup> GRADE

**16%**

10<sup>TH</sup> GRADE

**13%**

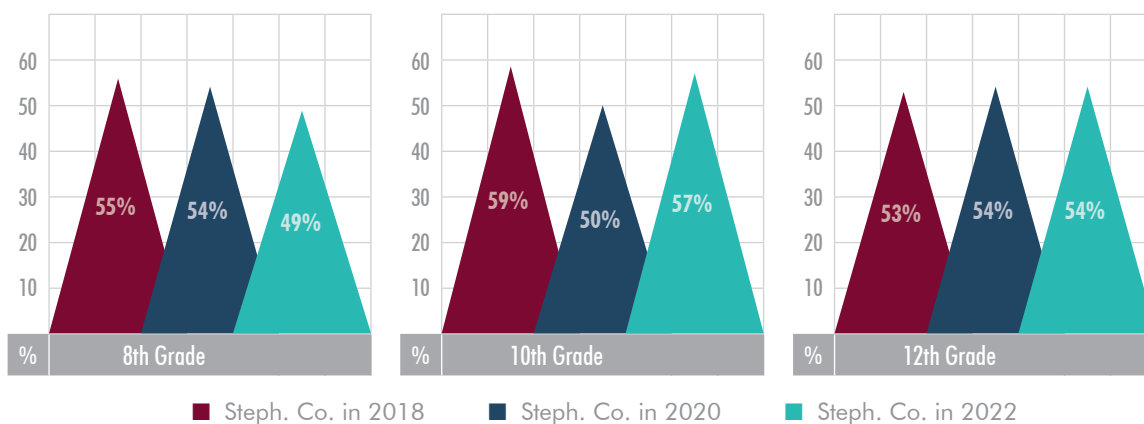
12<sup>TH</sup> GRADE

STEPHENSON COUNTY STUDENTS THAT HAVE A **PREVALENCE OF OBESITY**.  
COMPARED TO THE STATE AVERAGE OF 18% IN ALL GRADE LEVELS.

### WE ASKED...

On an average school day, how many hours do you **play VIDEO OR COMPUTER GAMES** or use a computer for something that is not school work?

*Students reported using 4-7 hours a day or more:*



# WHAT CAN YOU DO?

**SUBSTANCE USE IS EVERYONE'S PROBLEM AND WE MUST WORK TOGETHER AS A COMMUNITY TO SUPPORT OUR YOUTH.**

## **FAMILIES**

- Families can help prevent underage drinking by staying involved in their children's lives. It is important for families to pay attention to what's happening with their teens.
- Parents and caregivers play a vital role in influencing their child's attitudes and behaviors. They serve as role models on the use of alcohol, control the availability of alcohol in their home, and are instrumental in setting clear guidelines and expectations concerning drinking behaviors.

## **SCHOOLS**

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